No. 76 of a Series . . .

Community Progress Is Your Responsibility

THE DOLLARS YOU SPEND IN YOUR HOME COMMUNITY ARE THE DOLLARS THAT WORK TO BENEFIT YOU AND YOUR FAMILY — IN CIVIC IMPROVEMENTS . . . MODERN FACILITIES . . . BETTER LIVING!

Would you plant seeds in your neighbor's garden? Hardly! Unless you wanted him to harvest the crop! Well, it may seem like a far-fetched thought—but that's pretty much what you are doing when you spend your money in other areas. When you shop in your home community, you harvest a crop of personal benefits. Dollar for dollar you get the same merchandise return . . . prices that mean savings for you . . . service that can't be duplicated anywhere, because your community merchant is also your neighbor who will see you again and again! *So Shop At Home . . . Keep Dollars at Home . . . And Reap Your Crop of Community Prosperity and Communtiy Progress!*

Shop In Your Home Community

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arden Talk

By
Appomattox Garden Club

ng let us pass on to you a
erning storing cut roses for
quets or flower shows.
mes a few roses bloom too
to be used for a special oc-
and are gone too soon. The
method of storing will
lpful.
se rose buds after two
have unfurled, and late in
rnoon. Wash foliage to re-
ssary or dust. (A liquid de-
is safe and efficient.) Wrap
in strips of wax paper to
the thorns from piercing the

ap each rose on a sheet of
Wrap about three inches
than the stem. Fold edges
sides, sealing by pressing
seal top with Scotch tape.
air down and out at the
and seal bottom.
ake a small cushion of
ed newspaper on shelf of re-
or, and places roses in a
with blooms all at one end
ems at other. Make a small
for each rose to prevent its
from drooping. Reverse each
haring flower-heads in one
in each layer.
the temperature may be 31
degrees. Roses may be kept
ing as ten days in perfect
. About six hours before
to be used, take them
the bottoms of the sealed
exposing only two inches
stems. Now cut off three
of an inch and put in two
of hot water (about 110 de-
After twenty minutes, take
es out, and plunge each
into a test tube or some such
ottle filled with cold water.
the last step is to pack the
(still enclosed in Saran
except for the bit of stem
test tube) in an insulated
with crushed ice. Cardboard
ined with aluminum foil
newspapers may be used, and
in plastic bags, packed
the roses. Leave them in
ox until ready to arrange or

well to test a rose or two
variety to see which open
and which bloom too fast.
e of those experiments we
lowers like to try.

LY EXIT

ilmore, Md.- Only two min-
after Robert Kirchner, owner
arehouse, had walked out
building, it collapsed. One
collapsed walls fell across
derails and crushed three
obiles parked at the curb.
ner said the firm had planned
r down the building within
eeks and plans for a new
g had already been prepared.

Health and Beauty

If you listen to the radio, you know that a day never passes but that headache cures are ballyhooed several times.

"If your head aches just take a pill and presto it is cured." While there are headaches that are caused from constipation, fatigue, cold, overeating, etc., that are not dangerous unless they become chronic, there are many others that are very serious indeed, and unless they are properly treated may lead to death.

The brain is the very hub and center of the entire nervous system. It is a mass of nerve tissue. The skull is a bony covering which is filled with brain and the cerebro-spinal fluid. It is covered by a tough membrane, the dura mater. It is interlaced with many blood vessels, large, small, and medium.

You know that the late President F. D. Roosevelt died with a hemorrhage of the brain which the doctors said was massive. That means that a hardened blood vessel burst and the blood poured out into the brain. If he had lived he probably would never have become normal.

The morning headaches which are relieved by a cup of coffee or tea are usually due to secondary anemia or to a vitamenosis, or a run-down condition. Iron, a nutritious diet, sufficient sleep, and vitamins will cure this condition.

Some headaches are due to inflammations of the linig membranes of the bony cavities and passageways in the front of the skull known as sinuses. They communicate with the structures of the nose. The reduction of the congestion and draining of sinuses usually relieves these aches and pains.

Eye strain, astigmatism, and other eye troubles cause pains in the head, especially among school children. Glaring light, errors in refractions, and weak eyes are contributing causes of headaches.

To understand the anatomy of headache, some knowledge of the cranium is necessary. The skull is filled so completely with brain and cerebrospinal fluid that even a slight rise or fall in pressure of the fluid can produce pain. This is beacuse the outer covering of the brain, known as the dura mater, is a tough white membrane interlaced with branches of sensitive cranial nerves. For this reason, congestion, slight swelling, or concussion will cause severe pain in the head.

The most agonizing pains in the head are due to brain tumors, cerebrospinal meningitis, and other causes of intra-cranial pressure.

When your head aches, instead of resorting to self-medication, endeavor to find out the cause. Most remedies contain acetanalid which is a heart depressant, and is dangerous if taken in large doses.

A tranquil mind is a great headache preventive.

Dial 2811 with Personals.

Appomattox is a growing town.

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THE Farmers National Bank
APPOMATTOX
VIRGINIA

Stonewall

Stonewall, Sept. 11.- Well, it seems we are going to have some nice working weather. Since so much rain it has turned cooler, and feels lots better.

Mr. and Mrs. N. H. Jones and family called to see Mr. and Mrs. Irby Wheeler and Mrs. Harold Jones and baby son on last Saturday night.

The Alvis reunion will be held at the home of Mr. Jack Caldwell, Jr. on next Sunday, Sept. 16. Hope all the family will get together.

Mr. and Mrs. Bob Wheeler and children, of Richmond spent last week with his parents, Mr. and Mrs. Irby Wheeler.

Rev. Aaron Smith preached at Bethel Church on Sunday morning at 11:15. He was the dinner guest of Mr. and Mrs. Lyle Moore.

The W. S. C. S. of Bethel Church will meet with Mrs. C. M. Caldwell on Tuesday night of this week.

The W. M. U. of Hebron Church will meet with Mrs. E. L. Chick on next Tuesday night, Sept. 18, at 8 o'clock. Mrs. J. E. Herndon has the program.

Little Miss Bonnie Gilbert celebrated her birthday on last Sunday at her home near Spout Springs.

Mrs. Irby Wheeler, Mrs. Bob Wheeler and three children, Steve, Jerry and Linda, and Mr. C. D. Drinkard visited Mr. and Mrs. E. L. Chick on last Wednesday afternoon.

Mrs. J. E. Burnette and Mrs. Hugh Braford and children attended the silver wedding of Mr. and Mrs. Finch at Concord on Sunday evening.

Mr. and Mrs. Bud Gaulden have moved to Lynchburg. They both work up there. They will be missed by home folks and friends.

Mr. Jim McKenry has sold his farm near here and he and his wife have moved to Georgia to live. They will be greatly missed by their many friends.

Mrs. J. H. Beard is spending some time in Maryland, with Mr. and Mrs. Robert Beard.

Mr. and Mrs. Henry Beard and son spent Sunday with her parents.

Mr. and Mrs. Wallace Bondurant visited Mr. Joe Carson last Tuesday evening. He has just returned home from the hospital. We wish for him a speedy recovery.

Brazil has suspended the export of atomic minerals to the United States and denounced an agreement for a joint uranium search in Brazil.

Sarah Anne's COOKING CLASS

A hot substantial breakfast is a good day's beginning for everyone, but for school children, it is most important. See that your breakfast is attractively served and well-cooked and you won't have any trouble with Johnny not making way with a hearty meal.

Banana Griddle Cakes
2 cups flour
4½ teaspoons baking powder
1-4 cup sugar
1 teaspoon salt
1 egg
2 cups milk
1-4 cup melted fat
1½ cups sliced bananas
Mix and sift dry ingredients. Beat the eggs, add the milk and stir gradually into the dry ingredients. Add the melted fat, then the bananas. Drop by spoonfuls in a hot griddle. Cook on one side until bubbles, turn and cook on other side. Serve hot.

Pineapple Bran Muffins
1 cup cake flour
1 teaspoon salt
1 teaspoon soda
Cup fine whole wheat flour
1 cup bran
1-2 cup molasses
1 cup unsweetened pineapple juice
2 tablespoons melted shortening
1-4 cup milk
Sift the cake flour, salt, soda, and whole wheat flour together. Add the bran and mix well. Mix molasses with the pineapple juice until well blended. Add milk and melted shortening to the pineapple and molasses. Make a well in the center of the dry ingredients. Add the liquid all at one time. Mix just until well blended. Fill muffin pans 2-3 full. Bake in an oven 400 degrees until light brown, about 25 minutes.

Sausage Scramble
4 sausages
4 eggs slightly beaten
1-2 teaspoon salt
1-2 cup milk
Pepper
Toast
Cut sausages in small pieces and fry in frying pan until done. Pour off part of the fat and add eggs which have been mixed with the milk, salt and pepper. Stir lightly with a fork until it is set and creamy in consistency. Serve on hot buttered toast.

Hot Prune Juice
Wash 1-4 lb. of small prunes carefully and put over the fire in enough water to cover, cook rapidly, half an hour, adding more water if necessary. Remove cover, add 1-4 cup of sugar, 3 colves, an inch of stick cinnamon and 2 allspice berries. Cook 10 minutes. Strain and add 3 tablespoons of orange juice. Serve hot. The prunes may be chilled and served the next morning with the breakfast cereal.

Bacon and Eggs
Dip rounds of toast in beaten eggs and milk. Place the toast in a greased shallow baking dish. Drop an egg on each and top with a slice of bacon. Broil under flame until done.

Savory Hash
1 cup cold cooked beef, chopped
3-4 cup cooked potatoes, chopped
2 slices bacon
1-2 teaspoon Worcestershire sauce
Salt
1 tablespoon chopped onion
1-2 cup stock or boiling water
Cook the bacon until crisp. Remove the slices of bacon. Saute the onion in the bacon fat until it becomes light brown. Mix all the ingredients and place in frying pan. Cover and cook until an omelet and when done, serve with bacon slices and poached eggs.

The U. S. plans to take part in twelve trade feairs abroad.

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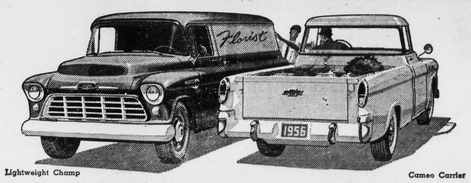

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